



Heavy Metal Urine Test

This test is a urine collection to look for heavy metals in your tissue

Materials:

- Heavy Metal Test Kit – to be given at checkout of last appointment
- Supplements for Detox – to be given at checkout of last appointment. Instructions for consumption listed on Treatment sheet
- 6 DMSA tablets – to be called into Hill's Pharmacy by your practitioner (instructions are below)

The process is as follows:

1. Establish a day when you will be able to collect urine for 6 hours. Preferably a Sunday-Wednesday to facilitate getting the specimen to the lab in the early part of the week.
2. Seven days before collection date, remove all fish from your diet. Although, you may take fish oil capsules (they've been filtered for mercury).
3. Two days before collection stop taking any mineral supplements (e.g., multi-vitamins, magnesium, calcium, chromium, iron or other mineral).
4. Night before test: take **2 DMSA capsules**.
5. Morning of test: immediately empty your bladder upon waking. Take **4 DMSA capsules** and immediately begin to collect all urine over the next **6 hours**. *Do not rinse urine collection cup in between urine collections.*
6. Store all urine collected in the container provided & **keep it refrigerated**.
7. At the end of your 6 hour collection pour a specimen in the sample cup provided and mail this to the Doctors Data Lab using the shipping materials provided. There is a prepaid shipping label provided.
8. Call Federal Express at 1-800-463-3339 (1-800-GO FEDEX) for same day pickup. Shipments should be made Monday-Wednesday so that specimen arrives early in the week. Keep the specimen refrigerated until shipping.
9. **Payment must be included with the specimen** in order to get the discounted pre-paid price of **\$99.00**. If the test is run without payment and insurance doesn't cover it, you will be responsible to pay the full price of \$198.00.

Dr. Huber will review the results at your next appointment. It takes approximately 2 weeks for the lab to return results to our office.

DMSA is a chelating agent. The word "chelate" simply means to bind irreversibly. DMSA pulls metals out of your tissue that may have been present for years or even decades. We typically have you prep for the test with amino acids such as cysteine and glycine to help your body make glutathione to protect you from the toxic effects of metals as they pass through your body. If you feel bad the day of the urine collection it may be due to metals passing through your system. This is unusual but if it occurs then please make us aware of it for future reference.